

PISCINA

LUNEDÌ

10:00-10:55
HIIT

13:30-14:25
COMBAT

16:30-17:25
SWIM
ACADEMY
START UP

18:00-18:55
CROSS GYM

19:10-20:05
STEP

MARTEDÌ

10:00-10:55
COMBAT

13:30-14:25
STEP

17:30-18:25
GAG

18:30-19:25
HIIT

19:30-20:25
FIT

20:30-21:25
SWIM
ACADEMY
ADVANCED

MERCOLEDÌ

10:00-10:55
GAG

13:30-14:25
CROSS GYM

15:30-16:25
STEP

17:00-17:55
SWIM
ACADEMY
MIDDLE

18:30-19:25
COMBAT

18:30-19:55
HIIT

GIOVEDÌ

10:00-10:55
FUNCTIONAL

13:30-14:25
HIIT

18:00-18:55
STEP

19:00-19:55
CROSS GYM

20:00-20:55
SWIM
ACADEMY
ADVANCED

VENERDÌ

10:00-10:55
STEP

13:30-14:25
FIT

15:30-16:25
COMBAT

17:00-17:55
SWIM
ACADEMY
MIDDLE

18:00-18:55
HIIT

19:10-20:05
CROSS GYM

SABATO

11:00-11:55
FIT
13:30-14:25
FUNCTIONAL

15:30-16:25
SWIM
ACADEMY
MIDDLE

16:30-17:25
SWIM
ACADEMY
ADVANCED

DOMENICA

11:00-11:55
CROSS GYM

16:00-16:55
HIIT

TUTTI I CORSI POTREBBERO SUBIRE VARIAZIONI

L'ACCESSO AI CORSI DI GRUPPO È SU PRENOTAZIONE. È POSSIBILE EFFETTUARE LA PRENOTAZIONE TRAMITE APP O SITO INTERNET.